

Hollow body work for gymnastics

<http://owenjohnstonkarate.com>

Some or all of these can be used as a warmup, inbetween sets, or as part of supersets. How long you hold these positions depends on your goals, the goals of your sport, and the difficulty of the positions you are working on.

Basic positions:

Hollow body bridge

Dead hang on bar

Supine hollow body hold

Hollow body leaning pushup plank

Side planks

Front jump support to bar and hold hollow body

Inverse back hang

Inverse front hang

Work progressions up to:

Back lever

Front lever

Elbow lever

Clutch flag

Press flag

Headstand

Handstand